

| Level | Age Category & Time | Age Requirement | Skill Requirement |
|------------------------------|--|---|---|
| Squirts | 9 yrs & under 45 min | Must be between 6 and 9 as of June 21, 2025. There are no exceptions for age. | Must have a minimum of Swimmer 2 or higher experience. |
| Development for Squirts | 9 yrs & under 45 min | Must be between 6 and 9 as of June 21, 2025. There are no exceptions for age. | Must have completed Squirts. |
| Fundamentals | 10 & 11 yrs 45 min | Must be between 10 and 11 as of June 21, 2025. There are no exceptions for age. | Must have a minimum of Swimmer 3 or higher experience. |
| Development for Fundamentals | 10 & 11 yrs 45 min | Must be between 10 and 11 as of June 21, 2025. There are no exceptions for age. | Must have completed Fundamentals. |
| Intermediate | 12 & 13 yrs 60 Min | Must be between 12 and 13 as of June 21, 2025. There are no exceptions for age. | Must have a minimum of Swimmer 4 or higher experience. |
| Development for Intermediate | 12 & 13 yrs 60 Min | Must be between 12 and 13 as of June 21, 2025. There are no exceptions for age. | Must have completed Intermediate. |
| Advanced | 14 & 15 yrs 60 min | Must be between 14 and 15 as of June 21, 2025. There are no exceptions for age. | Must have a minimum of Swimmer 5 or higher experience. |
| Development for Advanced | 14 & 15 yrs 60 min | Must be between 14 and 15 as of June 21, 2025. There are no exceptions for age. | Must have completed Advanced. |
| Pre Seniors | 16 yrs 60 min | Must be 16 as of June 21, 2025. There are no exceptions for age. | Must have a minimum of Swimmer 6 or higher experience. |
| RHLC Games | All ages up to maximum 16 years max. 1 day | Must be between 6 and 16 as of June 21, 2025. There are no exceptions for age. | This is an in-house mini-competition for all RHLC athletes. Athletes currently registered in RHLC are FREE. Athletes who are not registered may register with registration fee. |
| Competitive Team | All ages up to maximum 16 years max. 3 days | Must be between 6 and 16 as of June 21, 2025. There are no exceptions for age. | Must be a currently registered RHLC athlete in the 2024-2025 season. Will attend Ontario Junior Lifesaving Championships on June 21 & 22, 2025. Competition location to be confirmed. |
| RHLC Try Something New | 6-16 years 60 min. | Must be between 6 and 16 as of June 21, 2025. There are no exceptions for age. | Try Something New will allow participants unfamiliar with RHLC to try a number of events, use lifesaving sport equipment and experience a coaching environment. |
| Seniors | RH Aquatic Staff Only TBC | 15+ | Must be a current RH Aquatic Staff member. |

RHLC programs are only offered at Richvale Pool. If you require further information or have questions regarding the program age groups, please contact Richvale Aquatic Staff at 905-884-0855.